

January 11, 2021
Issue #37

**Dr. Suman Tewari,
Holistic
Gynecologist**

The
Crazy Wisdom
Weekly

shining a light in the dark

Photo by Ravi Patel on Unsplash

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly



The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipes, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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Calendar/Assistant Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor/Assistant Editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year and we are looking for an Assistant Editor to work closely with our Managing Editor and do a variety of tasks each week (approx. 4-5 hours) including: proofreading, fact-checking, uploading blogs to our websites, uploading calendar events, brainstorming article and feature ideas, update searchable documents, and helping build more online presence for the Journal.

This person would also be our Calendar Editor, and would be in charge of compiling and editing the community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace websites is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest, a resume with relevant work experience, and a writing sample to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Crysta Coburn
Susan Ayer
Jeanne Mackey
Austeen Freeman
Siberl Ozer
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From Our Archives



Winter's Wisdom

By Jeanne Mackey

Putting a positive spin on winter in Michigan is a bit of a hard sell. Our winters can be bleak, what with the gray skies and long nights. And I've got the audacity to suggest that you greet winter by slowing down and engaging in solitary reflection—at what is arguably the busiest time of the year. What was I thinking? Well, it's all about choice and attention. The choice to shift our attention in the midst of frenetic activity could bring magical moments of connection to winter's essence.

In the natural world, life moves in cycles. There are cycles of seasons, of a day, a relationship, a life. There are times when energy is on the rise, and times when it is falling. As you have undoubtedly noticed, we are experiencing descent! The earth's energy is moving downward and inward. Darkness falls by dinnertime. Not much is growing. The trees have dropped their leaves. If we didn't know better, we would think they are dying. And our bodies respond with fear at some cellular level. Despite our civilized surroundings, we retain the primal knowledge that we could die out there in the cold.

But the trees are not dying. They are shedding what they no longer need and pulling vital energy down into their trunks and roots. Life is held internally and underground. Plants rest in winter, gathering potency so they can burst forth when the time is right. The cold and dark allow them to gather power for an energetic start in spring.

In the five elements system of traditional Chinese medicine, winter is a time of deep listening—to ourselves, to Spirit, to silence. Winter is a great time to allow ourselves to dream without committing to action—to simply take pleasure in visions of what might be. It is a time of inquiry and uncertainty, which may evoke doubts and hard questions: "Am I living the life I want to live? Or am I playing to the crowd, trying to look good?" Hopefully we can learn, as Rainer Maria Rilke wrote in his "Letters to A Young Poet", to "be patient toward all that is unsolved in your heart and try to love the questions themselves..."

It is easier to see the essence of things in this season. The trees are no longer shielded by their leaves, so we can see their fundamental structure. It may be a time when we can see our own true nature more clearly. That feels true to me on a

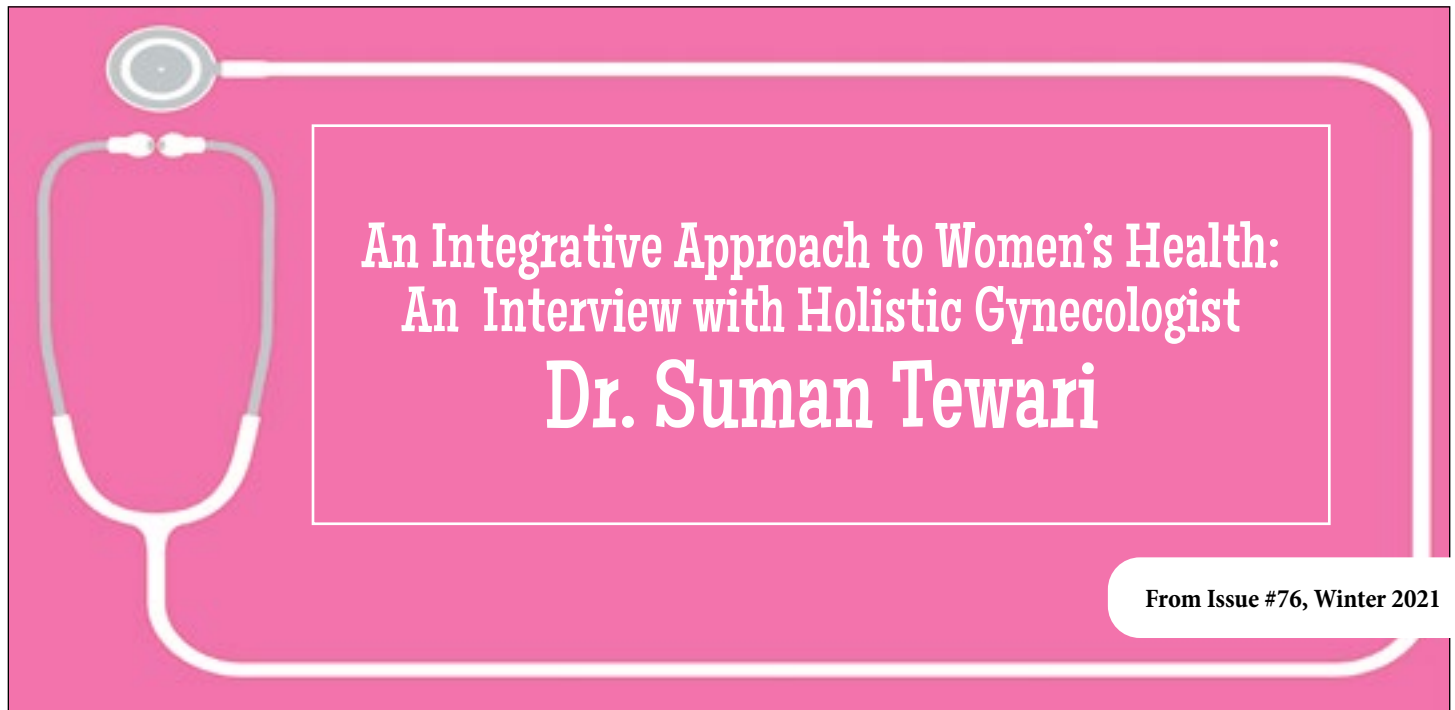
personal level. Now in the winter of my life, I find opportunities to live more authentically. The lessons are not always gentle ones, but they offer greater freedom.

So how does all this honoring of the season fit with modern culture? Truth be told, it doesn't! The period between Thanksgiving and New Years' is notoriously overscheduled, between socializing, shopping, family, and work. We expect ourselves to go full tilt, 24-7-365. And yet nature reminds us of ebb and flow. What is full will one day be empty. Each of us must face times of darkness and not-knowing.

Approaching winter in a more balanced, harmonious way could start with a shift in attention—even for just a moment. Pause to appreciate the silhouette of bare trees against the setting sun, or the honk of wild geese overhead. Stay warm. Spend time in silence. Take a walk that's more about experience than exercise. Watch an entire sunset or sunrise. Sit in nature and watch wildlife. Take a long, soaking bath. Watch and listen to water. Look at the stars. Sleep when you are tired. No matter where we come from, it is likely that our ancestors gathered around a fire and told stories. We can draw on their wisdom, even if the fire is a flickering candle. There's a reason that so many religious traditions in this season celebrate images of light in the midst of darkness.

As we descend into the sacred dark, I wish you strong dreams and deep peace. May each of us find times of solitude, rest, and contemplation. May we discover ways to explore the fertile darkness and make friends with silence, knowing that a good winter means a strong spring. Imagine how much force it takes for a seed to break out of its casing and push through the soil to reach the sun. If we truly allow ourselves to restore and replenish ourselves in winter, we will have the strength to burst forth in the spring with restored energy, clear vision, and a sense of purpose. So may it be!

[Read more from our archives online!](#)



By Crysta Coburn • Photos by Susan Ayer

A graduate of Wayne State University Medical School, Dr. Suman Tewari is a women's doctor who has incorporated many aspects of functional medicine and mindset coaching with her allopathic training to bring the best possible care to her patients. I sat down with her at her beautiful office in the Parkway Center to discuss what she means when she says "holistic gynecology" and why women might not feel "empowered to heal."

Crysta Coburn: Please tell us where you were raised. Do you live in Ann Arbor? If you're comfortable sharing, please tell us your husband's name and what he does, and your kids' names and ages.

Dr. Suman Tewari: I was raised here in Michigan, on the west side of Detroit. And, yes, I live in Ann Arbor. I've been in Ann Arbor since 2014. My husband's name is Muneesh. He's a physician-scientist, an oncologist and researcher at the University of Michigan. We have two children. Our son, Vivek, is 14 and our daughter, Shreeya, is 12.

Crysta Coburn: Why did you choose to go into gynecology?

Dr. Suman Tewari: In the beginning, I wasn't even interested in becoming a medical doctor. I saw myself doing research on reproductive genetics and studying the process of meiosis (cell division in reproduction). One of the researchers in the laboratory where I worked was an MD. So, out of pure naïveté, I decided that I should get an MD to be able to do the research I wanted to do. I applied for medical school thinking I was going to get a combined MD PhD. But then, I fell in love with the clinical part during my third and fourth years of medical school and decided to focus my career on taking care of people.



Dr. Suman Tewari

When I got to my OB-GYN rotation, honestly, it was the deliveries that got me hooked. At the time, I didn't know what to call it, but I had what I know now to be a transcendental experience. When it came to the time of the delivery, even though there were many other people around—the attending physician, residents, and nurses—everybody was kind of just a blur, like they disappeared. It was just so amazing to watch this baby take its first breath. Being part of the process of guiding it out and helping it to enter the world was like nothing I had ever experienced. After the baby was born, everyone seemed to materialize back into the room again. I just couldn't shake that experience. And that happened for me with almost every delivery!

Crysta Coburn: So, that's what led you down the path of specializing in obstetrics and gynecology?

Dr. Suman Tewari: Yes, but once I got into private practice, the real-life stress of all the responsibility that I never had as a medical student or resident weighed heavily on me. The years of disruptive emergency calls and deliveries at all times of day and night wore me down. Ultimately, the high price of malpractice insurance for obstetrics made it easy for me to stop delivering babies. Once I narrowed my practice to gynecology, I experienced another thing that was totally unexpected: I realized that I was only treating patients at a superficial level, addressing symptoms, but not the underlying causes. That was a tough realization for me because it went against the grain of all those years of education, training, and clinical practice.

It was a disorienting period of time. I went on a journey of deep soul-searching. I hired a coach who helped me restore my sense of who I was and to build the confidence that I needed to break free and try something different. That's when I discovered functional medicine, which takes a holistic, integrative approach to medical care. And a holistic approach is something that makes good common sense to me. There's no way I could ever go back.

CC: Why integrative? What do you mean by using that particular word?

ST: What I really mean by integrative is addressing not only the physical, but also the mental, emotional, and spiritual aspects of an individual, to heal at multiple levels. You can't fully heal the body without taking these other elements into account, because they are all interconnected. For example, in my conventional allopathic practice I often treated biochemical abnormalities, but didn't really ask...why is the biochemistry off. Now, I routinely ask this question, and it often leads me back to what's going on with inner thoughts and beliefs, because these run our lives.

An additional meaning of integrative is being open to other healing approaches beyond the conventional allopathic model that I trained in. There are so many other ways of healing practiced all over the world—traditional Chinese medicine, ayurvedic medicine, homeopathy, acupuncture, and many more. Allopathic medicine is important and can be lifesaving for acute emergencies, as well as for other conditions. Yet there are a number of chronic health challenges where allopathic medicine falls short, where it only treats the symptoms and doesn't get to the underlying cause. With an integrative approach, our intention is

to search for that root cause. And it's not always easy. It depends on the person and how far they may want to go. How much healing do they really want?

CC: So, what you mean by integrative is holistic. Healing the whole person.

ST: It is! It's holistic, [healing the] mind-body-soul [simultaneously], absolutely. Life events can have a major effect on physical health, and most of us are not taught how to deal with our emotions in a healthy way. For example, a woman who has gone through a divorce and not healed emotionally could experience physical symptoms even years later. We need to not only address the physical symptoms, but also address the emotional disturbances to heal fully.

Our body is always working for us. It's always trying to keep us at our optimum. And that's one of the key things I try to let the patients know when they come here—to be thankful for your body, because it's taking care of you. Like, okay, I want some of this weight to be gone. But wait, body, I see that you're doing your job well, to keep me alive. Even when I put excess food in you, you adapt to it and store it away for me. It's seeing how much your body is doing for you at all times. When I think that way, I don't have to force myself to eat better. If I have a loving relationship with my body, I want to take care of my body, right? So, you have to be grateful for the body that you have. Otherwise, we're just upset with the body, and that energy doesn't help. Love is usually the answer. Loving yourself and loving your body.

CC: What kinds of results are you seeing compared to a straight allopathic course?

ST: One of the common things I hear from my patients is that they feel empowered. Although this is starting to change very slowly, in the traditional allopathic model, patients are placed in a passive, rather than active role. In the holistic model that I prefer, the physician is a facilitator of health, not the ultimate authority. For instance, I encourage my patients to tap into their intuition when it comes to making choices about various options and alternatives for treating a particular condition. That more expansive mindset carries over into other areas of their lives as well.

I've also noticed that the women I take care of develop a different relationship to their bodies. They better understand their bodies and are better able to tap into the vital connections between their heads and hearts and everything else in-between. They realize that this is a journey of healing. It's not a "one and done." They don't expect to lay down on the exam table and walk out with a quick fix. They take better care of themselves. Because they are more in tune with what's going on with their bodies, they are more proactive about their health and well-being. Having my patients take a proactive role in their health helps me to be a more effective physician. And it's a more satisfying way for me to apply my knowledge, skills, and experience.

[Read the rest of the article online.](#)

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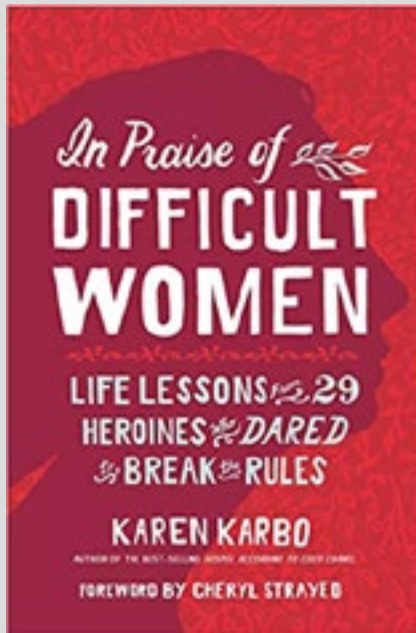
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Crazy Wisdom Book Pick of the Week



In Praise of Difficult Women

This witty, irreverent paperback explores the legacies of 30 extraordinary women--from Frida Kahlo to Liz Taylor to Nora Ephron--who give inspiration and instruction.

Smart, sassy, and unapologetically feminine, this elegantly illustrated book is an ode to the bold and charismatic women of modern history. Best-selling author Karen Karbo (The Gospel According to Coco Chanel) spotlights a group of spirited rule breakers who charted their way with little regard for expectations: Amelia Earhart, Helen Gurley Brown, Carrie Fisher, Hillary Clinton, Amy Poehler, and Shonda Rhimes, among others. Their lives--imperfect, elegant, messy, glorious--provide inspiration and instruction for the new age of feminism we have entered. Karbo distills these lessons with empathy and humor, examining the universal themes that connect us to these mesmerizing personalities today: success and style, love and authenticity, daring and courage. Being "difficult," Karbo reveals, might not make life easier. But it can make it more fulfilling--whatever that means for you.

[Purchase your copy of *In Praise of Difficult Women* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

Card of the Week



by Austeen Freeman

My thoughts manifest, come to the fore,
in words, I speak, that now become lore.
It is time to tell my own colorful story;
me, my life, and all of its radiant glory.
The mystical journey is long and true,
I'll be courageous and wander through.

WANDERER'S WISDOM

What stories do you whisper in the dark, wanderer?
What stories do you whisper in the light? Spider is the ultimate weaver of creation. She has come to remind you of the power stories have over your life, mind, and destiny. Your words are spinning, creating, and binding the experiences you are having. Are they for the good, are they for the bad? Be mindful of the words spoken in the next few weeks. There can be several meanings to this card. Storytelling can be a wonderful passive experience in community or healing work, and you need to do more of it. It can also mean that you need to be cautious of the stories that others are telling you or that you are telling yourself, for they shape your reality. Do not underestimate the sounds we make with our mouths, for they are mighty! Let them be loud and truthful.

TAKE ACTION

Speak out against any injustice. It is time for your story to be heard, speak it. Be mindful of the words unfolding around you. If so inclined, write a book. Use sound to manifest and grow your life to what you desire most. Discover what your stories are and how they impact your life.

[Learn more about the author on her website.](#)

Being Okay with Not Being Okay – Medusa Redefined

By Sibel Ozer

In my blog, [*When Parts of Us Stay Behind*](#), I described a process whereby parts of us stay behind and argued that our psychological wellbeing requires all parts of the psyche to be anchored within the home-body. That was a call to reunite our many parts in service of living in the best and fullest way possible, which can only happen in the present. I want to repeat Rilke's words that the point (of life) is to live everything, and build on this idea by inviting contemplation on how to navigate our negative emotions, which are the hardest to feel.

My art has come to accompany this message as a sweet dragon, and my beloved serpents surround this female figure. Snakes are symbolic of transformation, so it is apropos that they have arrived in number to accompany the topic of navigating challenging emotions. In my work as a psychotherapist I rely on many theories, but only a handful offer irrefutable reliability. One of these golden nuggets is the Gestalt theory of paradoxical change—it never seems to fail being helpful when we encounter large and difficult emotions. The theory says that contrary to our impulse to avoid pain, the better response to negative emotions is to allow them to be. Our defense mechanisms are designed to help us avoid pain and most of the time they are somewhere between useful and life-saving. The problem with this is that the unfelt emotions end up lingering within our psychic landscapes, which, depending on the situation, can be as problematic as a small infection staying somewhere in the body. Just as an untreated infection can turn into a full-blown health crisis, unfelt, unprocessed emotions can also build into something potent, explosive, and hurtful.

The theory postulates that when you simply let the emotions be what they are, giving them nothing but your time and attention, they will organically run their course, and the danger of buildup (unhealthy accumulation) disappears as they transform into a neutral or positive emotion. For example, anger that is avoided can over time build up to become resentment, whereas anger allowed can turn into anything ranging from indifference to peace.

This female figure reminded me of Medusa, but one that has to be redefined in that she wants to teach us to not be afraid of our anger, to not despair when a sadness raises within us, that there is no need to hold onto guilt or shame if learning accompanies

our failures. She is here to teach us to learn to be okay with not being okay.

I have come to understand that this teaching is a core piece of mindfulness. Contrary to the myths we might hold around it, mindfulness is not about reaching a state of equanimity where we no longer experience turbulence, but rather about developing our wherewithal with upset of all manners. Whether we are sitting on the cushion meditating, walking in the woods contemplating, or practicing mindfulness during meal preparation (any and all moments of life are perfect for practicing), the point is to let the mind bring up whatever thoughts it has, and the emotional body to feel whatever emotions happen to be present, noticing them without judgement.

Whether the emotions are good, bad, or ugly doesn't matter, as what defines who we are has nothing to do with the transient thoughts and emotions that pass through us. What matters is realizing that we are not them. What matters is strengthening our witness function that can observe our thoughts and emotions in their transience. Added to that, is becoming more adept at questioning the validity of our thoughts and emotions which may or not be reasonable.

There is absolutely no problem with having all manner of unreasonable thoughts and feelings. In fact I don't know a single person who doesn't have them. Our goodness and kindness and our measure

as a human being cannot be defined by the manner of thoughts and emotions that pass through our minds at any given moment. It is what we do or don't do with them, in other words our response to them, that ends up defining our character.

All of us will experience all manner of thoughts and emotions throughout our lifetime, whether we like it or not, as a natural result of the human condition. I don't know a good mother who at some moment didn't entertain some unfavorable thoughts or felt some unsavory emotions toward her own children. It simply is not compatible with life, and therefore needs no exorcism. Thoughts cannot be stopped anymore than emotions, even though having said that I must add that we certainly work very hard to do so. Also as I said before, we also have an arsenal of defense mechanisms that are part of our psychic structure and that help push away unwanted thoughts and emotions. Even

Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world.

— Bill Bullard



Because of this, she and feminine feelings of anger have to be beheaded. Sadness is similarly problematic for men, which is a big problem given that without it our capacity for empathy, connectedness is seriously jeopardized.

A good chunk of my counseling is dedicated to help clients be okay with their various feelings throughout their life experiences. Grief and loss, aging, disease and ultimately death are inescapable realities of our mortality. It is impossible not to feel sad, mad, guilty, anxious, shy, incompetent, insecure, uncertain, or full of shame every so often. We really ought to get rid of the idea that if only we were better human beings we could bypass these feeling states.
sibel2.png

The first time Medusa visited me in a painting was when I was a new mother struggling with the times where I would feel impatient, or dare I admit, angry, with my newborn. I wasn't a complete idiot, though not half as wise as I am in my fifties, and yet I was convinced that I wasn't supposed to feel what to me were unwarranted, unacceptable emotions in relationship to my needy, helpless, perfect baby. I had ideas of good and bad parenting and feeling negative emotions without the most legitimate of reasons wasn't part of my parenting ideal. I also didn't know I could simply witness their presence and didn't have to do anything other than blow them a compassionate kiss in passing. The guilt and shame were right at the heels of impatience, byproducts of the mind judging the initial emotion. If only I had been able to shamelessly sit with my anger, I might have discovered that it was related maybe to my exhaustion, or maybe to my role as primary caretaker, with very little sharing of the work entailed, which likely felt a little unjust, even though it remained unquestioned at the time. There are often discoveries related to some injustice hiding behind feelings of anger.

This year of the pandemic is making us experts at adjusting to unexpected conditions and teaching us flexibility in the face of ambiguity and uncertainty. The state of the environment and our collective lack of collaboration as a species at large, will likely result in harder times to come caused by new natural disasters and other pandemics. And even if harder times weren't ahead of us, I would still recommend learning to be okay with not being okay, simply because it makes navigating everyday life smoother.

The next time you find a negative emotion rising within you, see if you can manage to allow it without judgment, stay with it long enough so that it can organically transform into something else. Snakes have been symbols of healing and transformation throughout the millennia, and have shown up to support you, in yours.

Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice in downtown Ann Arbor. She is a certified EMDR practitioner and a graduate of the Gestalt Institute of Cleveland. She gives experiential workshops nationally and in her country of origin (Turkey) on different art therapy topics. Visit www.sibelozer.com, call (303) 905-1109, or email fireflyarttherapy@gmail.com.

though they help us with momentary relief, they do not succeed in fully eliminating them.

The range of issues that create unpleasant emotions would make a novel and doesn't need expanding upon since we all know them. You don't need to be a mother to be annoyed by a child's endless wailing, nor to think a teenager is behaving like a brat. We don't need to be married twenty years to experience a moment of temptation, or be committed to a profession while catching ourselves dreaming of another. We all get to have different reasons to be mad or sad; what matters is that we all experience these universal emotions rather regularly despite our well-developed defense mechanism of repression, denial, projection, or intellectualization.

Here's the problem: somewhere along the way we decided that the positive emotions were good and healthy, and the negative ones aren't okay!

I would argue that the entire gamut of emotions are healthy given they are appropriate to the situation. For example, sadness in the face of pain, and joy when experiencing pleasure. The problem lies with thinking that negative emotions aren't okay. There is a particularly powerful distaste for the presence of negative emotions in the western world, at times gender specified. The Medusa archetype exemplifies our fear of women's anger. It is deemed so worrisome, metaphorically speaking, because it turns those who experience it to stone.

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thank you

When Covid-19 turned our lives upside down this march, people came together at our farm and found a way to have joy in a time of hardship. We are honored to be a place where so many of you have come to find refuge and serenity.

Thank you to our fellow farmers and food makers who came through when supplies were scarce in stores. Together we showed we could nourish our people when they needed it most.

Thank you to everyone who came out to support us and all of the local businesses who make up the fabric of our community. We built a lot of new friendships that will endure after this is over.

Marrow, MI Farm to Freezer, Tanire Farms, U-M Campus Farm, Two Tracks Acres, Bay Port Fish Co., Detroit Mushroom Co., Gol Ice Cream, The Brinery, Roos Roast, Bee Sweet, J. Patrice Chocolate, Beau Bien, Boochy Mama, Neu Kombucha, Kuntry Gardens, Juicy Kitchen, Chef G, Tiffin Tonight, Panda Moon, Aunt Nee's, Hummus Goodness, Nemeth Orchards, Green Things Farm Collective, Goetz, Sunburst Blooms, Hey Honey, Sherry's Pies, Whitney Farms, Shetlers, Pine Ridge Organics, Purple Bee Farms, Walnut Ridge, Honey Bee Farms, Why Not Pie, and many more...

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JANUARY THROUGH APRIL 2021 - ISSUE 76



**Energy Healer
Karla Zarley**

Ann Arbor's iZosh: Lifting Women Up Globally • Dr. Suman Tewari, Holistic Gynecologist
• Golden Fleece - Keeping You Warm and the Planet Cool • The Art of Sangchen Tsomo •
The Whimsical World of David Zinn • Forest Bathing and the Kindness of Trees
• Reflexologist Greg Knollmeyer • Fun (and Remote) Programs for Kids • Squirrel Sense •
Yoga Column • (Mostly Virtual) Events Calendar • And More.

The winter issue of *The Crazy Wisdom Community Journal* is here!
With articles on holistic practitioner
Karla Zarley,
Healing
Writer's Block
Through the
Mystery School,
Cashiering
as a Spiritual
Practice, and
more!
You don't want
to miss it!



The Crazy Wisdom ^{weekly} Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Jan. 16-17, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read *Animal Talk* by Penelope Smith. \$160 per person/\$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or visit JudyRamsey.net.

Arts and Crafts

Finding the Artist in You: Acrylic Painting, Mixed Media, and Watercolor Class Part 2 • Thursday, Jan. 28 • 1:30-3:30 p.m. • Chase away the winter blues; bring out the "creative you!" No prior class or art experience is necessary. Registration Required. Class will be 1:30pm to 3:30pm on Zoom. \$50. Contact (517)266-4090 to leave a message at INAI or email sschreiber@adriandominicans.org.

Art Events

Huron River Art Collective - Speaker Series - Artist talk • **Monday, Jan. 18 • 7 p.m. •** Sculptor Barbara Melnik Carson grew up in Southwest Detroit. Formerly a pickle packer, theater major, crisis counselor and occupational therapist, she eventually realized she has always been an artist.

Barbara, who has Ukrainian ancestry, is self-taught. Her art is now in collections around the world and exhibited throughout the United States and Canada. In 2019, she completed a three month artist residency at the Lviv National Academy of Arts in Ukraine. Most recently her sculptures were shown at the 2019 SOFA expo in Chicago, sponsored by Women Made Gallery, and she regularly exhibits at the River's Edge Gallery in Wyandotte, MI.

This 1.5 hour presentation on Zoom is part of [a monthly Speaker series](http://a.monthlySpeaker.series). Register at AnnArborwomenartists.org.

Children and Young Adults

Bowenworks4Kids with Lisa • Sundays, Jan. 17 • 3-5 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Contact Lisa at Bowenfix.com.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) with Karen Greenberg • Sundays, Jan. 24, Feb. 21, Mar. 21, Apr. 18, • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." \$50/session. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

Ceremonies, Celebrations, and Rituals

Full Moon Ceremony and Zen Meditation with Marta Dabis • Sundays, Jan. 24, Feb. 28, Mar. 28, Apr. 25 • 11:40 a.m. • Full Moon, Vow renewal ceremony in the Japanese Soto Zen SFZC lineage, in English, on Zoom, after our usual Sunday morning 11 a.m. Zen meditation. Free. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Channeling

Evenings with Aaron channeled by Barbara Brodsky • Wednesday, Jan. 13, • 7 p.m. • An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. \$10-35. Contact at 477-5848; email om@deepspring.org or visit deepspring.org.

Energy and Healing

Healing & Ascension Certification Course with Eve Wilson
• Every other Thursday beginning January 21 • 7 p.m. •
 Comprehensive Healing and Ascension for people, pets and the planet, body, emotion, mind, soul and spirit. Aura reading, clearing, repair, present and past life empowerment and healing from traumas, fulfilling and clearing soul contracts, much more. Graduates qualify for Legal UCM Healer Practitioner Certification. \$3,200. Contact Eve at 780-7635; evew@spiritualhealers.com or visit spiritualhealers.com.

Healing

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Training with Karen Greenberg • Set of three Fridays, Jan. 15, 22, and 29; • 9 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777/set of three classes. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Jan. 17, • 1:30 p.m. • Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Masters of Light, and more. \$110. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Holistic Health

Gut Health Matters Virtual Retreat with Foundations of Wellness for Women • Saturday, Jan. 23 • 12 p.m. • It's no secret that you become what you put into your body, and the health of your digestive system—which puts those nutrients into your body—matters, too. The problem is that most people never consider the health of their gut. What if your digestive system was telling you (even screaming at you) that it's sick and unhealthy...? Would you listen? More importantly, would you do something about it? If you're nodding your head and answering with a resounding "Yes!" we have a treat for you! Actually, a virtual RE-treat. \$79. Contact at liza@simply-healthcoaching.com.

Intuitive and Psychic Development

Winter Webinar/Teleconference: Exploring Core Techniques and Advanced Material with John Friedlander • Thursday-Saturday • Jan. 14-16 • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. \$275. Contact Gilbert Choudury at gchoud@yahoo.com or psychicpsychology.org.

Life Transitions

Helpful Legal Tips for Every Stage of Life with Elizabeth Hurwitz • Saturday, Jan. 9 • 11 p.m. • Useful legal information for every stage of your life and the lives of your loved ones. Question and answer period and group discussion time included. The workshop will take place via Zoom. Please email Elizabeth to obtain the Zoom link at elizabethwhurwitz@gmail.com. Free. Contact Elizabeth at 657-0835; elizabethwhurwitz@gmail.com or hurwitzlawoffices.com.

Meditation

Zen Meditation with Jissoji Zen Ann Arbor practitioners online • Sundays, Jan. 17, 31 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissojiZen@gmail.com or JissojiZen.org.

Mindful Pause—Mindfulness of Breath with The Weber Center • Thursday, Jan. 14 • 4 p.m. • Mindfulness of Breath and Physical Body calms your mind and opens your heart. Each morning we are born again. Registration Requested. Free. Contact The Weber Center at 517-266-4000 or www.webercenter.org.

Nature Bath with Amanda Anastasia • Sundays, Jan. 17, 31 • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: \$33-\$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

[Send your listing in here.](#)

Meditation

Pure Meditative Peace ~ Virtual Class with Self Realization Sevalight Centre for Pure Meditation, Healing and Counselling • Saturday, Jan. 16 • 3 p.m. • Also available by appointment. Find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel and takes only a few minutes to practice each day. Includes book and a follow-up appointment. \$70. If you cannot afford the full fees, please ask about a bursary. Contact Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling at 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Shamanism

Shamanic Healing for Animals with Judy Ramsey • Tuesdays, Jan. 12-Mar. 9 • In nine weeks, explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. Students will develop a toolkit of techniques within a supportive, interactive, and experiential framework of instruction from a professional animal communicator and shamanic practitioner. Prerequisite: Students must know how to journey. Knowledge of animal communication is not required. Class is online via Zoom for nine weeks. \$360 by Jan. 8. \$390 after. \$100 for repeat students. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Spiritual Development

Being & Becoming: An Introduction to Consciousness and Spiritual Evolution with Susan Billmaier • Fridays, Jan. 15, 22, 29 • 6:30-8 p.m. • What is consciousness? What is the relationship between consciousness and spirit? Where are we as individuals and humanity in our spiritual development? How might we know? In this introductory course on consciousness and spiritual evolution we will explore the ways in which we study consciousness, states and stages of consciousness development, and models of consciousness from contemporary and ancient worldviews as they relate to spiritual development and evolution. Free. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Incarnation: Christianity's New Horizon with the Weber Center • Saturday, Jan. 16 • 9:30 a.m. • Incarnation celebrates God's embodied presence, not merely in the person of Jesus, but in all forms of embodied presence that adorn creation. This newly expanded horizon carries several implications for how we are called to live and practice our faith today. This is a virtual presentation by Diarmuid O'Murchu. Registration required. \$30. Contact the Weber Center at 517-266-4000 or webercenter.org.



Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

**Second and Fourth Wednesday
of each month, 7-9 p.m.**

**Until further notice, all sessions
are virtual and accessible through Zoom.**

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers



January 27 - Hedy Habra is a polyglot essayist and artist whose third book of poems, *The Taste of the Earth*, won the Silver Nautilus Award. *Tea in Heliopolis* won the USA Best Book Award and *Under Brushstrokes* was finalist for the International Book Award. She has lived in Egypt, Brussels, and now Kalamazoo. Her website is hedyhabra.com



February 24 - Patricia Hooper is author of *Separate Flights* and *Wild Persistence*—the most recent of her five books of poetry. Her poems have appeared in *The Atlantic Monthly*, *Poetry*, and *Kenyon Review*, and have won six major awards. She is a U. of Michigan alumna and now lives in Gastonia, North Carolina.

Stress Management

Mindfulness-Based Stress Reduction with Elizabeth Robinson • Monday, Jan. 11 • 5:30 p.m. • Introduction to Mindfulness-Based Stress Reduction. Free. Contact Libby at 476-3070; libbyrobinson7@gmail.com or libbyrobinsonmindfulness.com.

Work and Right Livelihood

Lead from Within with Susan Billmaier • Mondays, Jan. 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8 • 7 p.m. • This course draws on somatic processes, shamanic practices, guided meditations, and movement to support your leadership development, connect with your own inner wisdom, and create a dialogue with a future that wants to emerge through your organization. You will deepen your capacities as a leader: finding new reserves of wisdom and compassion. This course will also provide you with new ways to relate within your teams. And you will learn how to engage the consciousness of your organization as a source of wisdom, guidance and support. \$216. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.



*Snow and dark, and the
winter comes. Nothing
remains the same.*

—Elyne Mitchell